

Fitness for all ages

Adapting CrossFit for kids and teens



Human Development
Institute



Building healthy habits

CrossFit Kids is a program designed to reduce exercise deficits and poor lifestyle choices. The program helps kids develop foundational movement patterns, provides them with a portion of their prescribed amount of exercise for the week, improves their muscular fitness, and discusses a healthy relationship with food—all while keeping the class and its information fun and engaging.



CrossFit Kids, established in 2006, is a research-based program for developing healthy habits.



Bringing more opportunities for movement and fitness in to the classroom helps poorer or disadvantaged populations.



CrossFit Kids also teaches life skills like acknowledging personal responsibility, accepting feedback, working with others, following rules, and exhibiting etiquette.

The Ethan Foundation

Founded in 2019, The Ethan Foundation's mission is to promote a proactive, healthy lifestyle for the youth of Bowling Green, KY. The Ethan Foundation currently offers CrossFit Kids programs in area schools and hopes to grow its current CrossFit Kids and CrossFit Teens offerings to be more accessible to those individuals with paralysis, amputation, or any other condition or disability that does not allow for traditional range of motion.

Contact The Ethan Foundation

Caitlin Greenwell, Executive Director
512 College Street
Bowling Green, KY 42102
270-904-1657
caitlin@theethanfoundation.com

Assistive technology at the gym

Activity: Stationary bike. Stationary bikes, elliptical machines, and treadmills offer a cardio workout that can be adjusted to the athlete's pace. For exercisers with paralysis, however, these machines can be impossible to transfer on to and use without lots of assistance.



A handful of alternative machines exist on the market that can help seated users in wheelchairs and others with limited movement get the same intensity from their workout. They are also adjustable to fit each athlete's ability. Two common products are arm bikes and Functional Electrical Stimulation (FES) bikes. The arm bike pictured to the left, the HCI PhysioTrainer, sits on top of a table. The user can sit in a wheelchair or a regular chair and pedal with their arms. The bike

on the right is an FES bike called the MyoCycle. The user rolls up to the bike in a wheelchair (or any sort of chair) and straps their feet to the pedals. Electrodes are attached to the leg muscles. When the bike starts moving, the electrodes deliver a shock to each muscle in the right order so that the person can pedal the bike under their own power.



Activity: Weight training. Lifting weights is a great way to stay in shape, especially for people who propel manual wheelchairs or use their arms to lift themselves to transfer safely. It can help offset the bone density loss caused by paralysis and aging.



Athletes with hand limitations may have plenty of large muscles to exercise but just lack the small muscles to hold on to the equipment. Of course, it is important from a safety perspective to ensure no one is dropping dumbbells! For those who just can't hold on to traditional dumbbells, cuff weights like those pictured on the left can be a great substitute.

They wrap around the wrist or ankle like a bracelet and are secured using Velcro. Cuff weights are available at any weight from half a pound to twenty pounds. For those who prefer to use the gym's dumbbells, grip aids like the ones to the right by Active Hands work well. They Velcro on to the wrist and around the hand, effectively pinning the hand shut with a dumbbell inside.



More information on accessible exercises

www.functionalmovement.com/exercises

usreps.org/registry - Directory of Certified Exercise Professionals



Human Development
Institute

Products featured above are intended as examples and are not endorsements or recommendations. Development of this resource supported by US Administration for Community Living grant 90PRRC0001.